

# NEW WIC Foods for Pregnant Women

## The New Foods

Average value **\$56** per month.



### Whole grain choices

Whole grain breads  
Corn tortillas/whole wheat tortillas  
Brown rice

### Variety of fruits and vegetables

Fresh, frozen and/or canned  
no white potatoes



### Protein choices

Beans or peanut butter



**GOOD FOOD** *and*  
**A WHOLE LOT MORE!**